Food, of course, must be well seasoned to be worthy of its piquancy

THREE MEALS A DAY

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SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

Vegetables, such as cabbage, cauliflower, Brussels sprouts and turnips which may develop strong flavors in cooking or which have a decided flavor when raw should be cooked uncovered in plenty of water, but never in a fireless or pressure cooker.

Many a cake tragedy can be traced to improper temperature in the baking. If your oven does not have a regulator you will find an oven thermometer is a great aid to securing correct baking temperature.

Baking powder in excess gives a bitter taste to cookies and produces a cookie which is too light and porous. In general, cookies take about half as much powder as cake; that is, from one-half to three-fourths of a teaspoon to the cup of flour.

It is easier to "cook down" jams, marmalades or fruit butters in a large uncovered pan at a moderate temperature in your oven.

Mash Roquefort cheese and blend with tomato catsup. Spread on crisp potato chips and serve.

A most attractive party cream can be made as follows: After a tray of vanilla custard cream has been frozen on the bottom and around the edge, approximately 1 inch in from the sides of the tray, do not stir, but pour out the unfrozen center. Place the tray back in the freezing compartment so this will stay frozen. To the unfrozen portion, add ¼ cup of chopped nuts and enough green food coloring to make a delicate green, and a few drops of pistaschio flavoring. Then pour this mix in the tray from which the center has been removed and allow the mix to complete freezing. This can be turned out on a platter for sreving, if desired, and garnished with fresh fruit. A chocolate center, strawberries or any other combination can be used in this manner.

Dining rooms usually share with living rooms the feature of wide expanse of walls, offering an opportunity for fields of soft and pleasing color, strengthened by tasteful handling of the trim.

Dissolve 1 package lemon flavored gelatin in 1 pint of warm water. Pour over halves of canned apricots; arrange in glasses. Chill. When thickened, press wedges of pineapple and strips of mint cherries into the gelatine. Chill until firm. Serves 6.

Sausage and ready to serve meats are among the most accommodating foods at one's disposal. Whether for luncheons, afternoon teas, special or quick suppers, or fireside servings or for dinners, hot sausage recipes should prove practical at thsi time of the year, easy to prepare and satisfying.

A very small amount of soda, not more than 1-16th teaspoon for 1 quart of water ,helps to keep the green color of vegetables which require long cooking, such as mature peas or strings beans. It should not be used with red or white vegetables, however, as it changes their color.

When boiling a fish, place the fish on a slightly greased broiler pan—do not use the rack. If it is a whole fish, place in broiler pan with skin side down, having cut side up—brush with melted butter.

There are three types of egg beaters; the rotary, the turbine and the wire whisk. The rotary is by far the fastest of the three; in fact, one must be careful when using this type, not to overbeat egg whites or whatever we are making will be toughened.

For maccaroni lovers, cream or mushroom soup makes a grand sauce. Add grated cheese and fresh mushrooms, sauteed. The maccaroni must be cooked and drained and dressed with butter first.

Use red and green peppers freely as a garnish for salads, use them in strips or make rings by cutting them across in thin slices; remove seeds and white membrane. Also they may be cut in fancy shapes with small vegetable cutters.

Cut fresh bread in a thin slice, using a very sharp knife, and remove crusts. Work butter until creamy, and add equal amount of grated American cheese ,or sandwich spread cheese, and work until thoroughly blended; sprinkle with paprika. Spread bread with mixture and roll each piece separately. Toast under broiler and serve with a salad.

Fill parboiled green peppers with canned heated baked beans. Top with a cube or two of canned pineapple and slices of link pork sausage.

Modern Service Simplifies Good Cake Baking

We don't know what it is nowadays to worry about buttermilk or any other dairy products for that matter. We merely write a note and leave it in the milk bottle and ,lo and behold, in the morning there is the milk. It's just like a fairy tale when we stop to think of it—just a flickof the wrist and there it is. Some people prefer to use only sweet milk in cooking but those who have expanded know what a real treat it is to make a cake something like this:

ORANGE BUTTERMILK CAKE

½ cup shortening
1 cup granulated sugar
3 cups flour
3 eggs
2 cups orange marmalade
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
1 cup buttermilk

Cream the shortening and sugar and add the beaten egg yolks. Mix the baking powder, soda and salt and the flour and sift. Sift again into the egg mixture, adding it alternately with the buttermilk. Add the marmalade and blend thoroughly. Fold in stiffly beaten egg whites. Pour into a greased angel food cake pan and bake in a moderate oven one hour or until done.

Sandwich Suggestions For Summer Snacks

Whether in town or at the beach or in the mountains, mother will have her hands full keeping children satisfied and with so many activities going on a sandwich is usually what is wanted. Here are numerous suggestions:

1—Raisins worked into cream cheese.

2—Peanut butter moistened with salad dressing and mixed with raisins, dates, figs or bananas.

3—Boston brown bread with cream cheese or mayonnaise mixed with chopped nuts and raisins.

4—Boston brown bread with minced corned beef seasoned with mustard and rubbed into a paste.

5—Equal parts of olives, peanut butter, celery ,mixed with a little salad dressing.

6—Peanut butter and prepared sandwich spreads.

7—Minced ham and sliced tomato.

8—Tuna fish mixed with parsley, lemon juice, seasoning and a bit of onion.

9—Cream cheese mixed with crushed pineapple.

10—Peanut butter mixed with chopped sweet pickles.

For Attractive Service Serve Your Steaks Planked

A planked steak always makes a delightful service, both from the standpoint of attractiveness and ease of preparation. And this planked steak even though different from the usual, is no exception. It is a very attractive platter, and combines foods which make an excellent flavor combination, rice and pineapple. The rice is thoroughly cooked before it is added to the plank. The pineapple is dipped in melted butter and placed on the plank to heat and slightly brown.

A planked steak is cooked by broiling. Thoroughly pre-heat the broiling oven with the oven rgeulator set for "broil." Place the steak on broiler rack for enough from the source of heat that by the time one side is nicely browned the steak will be about half done. This means that there should be a distance of about three inches between top of steak and flame or element. If the distance must be less, reduce the temperature accordingly. When one side is nicely browned, season the steak with salt and pepper and place browned side down on wooden plank. Arrange cooked rice around it, and a border of pineapple wedges which have been dipped in melted butter. Return to the broiling oven to finish cooking the steak, to heat and puff the rice and slightly brown the pineapple. Serve from plank.

Steaks for broiling should be the tender ones. Either porterhouse, club or sirloin steaks may be used if desired. Club steaks are smaller and sirloin steaks are larger in size so the choice may depend upon the number of persons to be served Rib steaks too, may be cooked by this method. Ground meat fashioned into an oval or into the shape of a porterhouse steak, may be cooked by broiling, and served from a plank as the one shown above.

A wooden plank needs no special care after it is once seasoned for cooking. A new plank is seasoned by rubbing with oil and placing in a slow oven until the oil disappears into the wood.

There are many other combinations of vegetables and fruits which combine well with a steak for planking. Vegetables which are quickly cooked such as tomatoes may be added to the plank with no before-hand preparation; those which require longer cooking such as potatoes, sweet potatoes and cauliflower may be partially cooked in water first, and added to the plank only for reheating and browning. Mashed potatoes forced through the pastry tube to make an attractive border around the outed edge of plank often are chosen as an accompaniment for planked steak. Cauliflower flowerets, too, make an attractive border around the outered water until tender then arranged on the plank, dotted with butter and sprinkled with grated cheese if desired. They are heated and slightly browned on the plank.

Lamb a la King

In many families, Sunday is roast day, which usually means a juicy leg of lamb which means that Monday's dinner is already well into the making. That is if the housewife has enough will power to resist making her family grand lamb sandwiches with lettuce and tomato and rye bread for lunch. Now it has been preached from street corners and roof tops that left overs should be served in a different form and of course should be served appetizingly in a manner fit for company, which is just what this recipe stands for:

LAMB A LA KING

2 cups cool roast lamb
4 tablespoons butter
4 tablespoons flour
1 cup lamb stock
1 cup milk
½ cup celery diced
1 small can button mushrooms
½ cup peas
1 pimento, sliced
1 glass currant jelly
1 green pepper

Cut the cold lamb into cubes. Melt butter and combine the flour with it. Gradually add the liquids, stirring until the sauce is thickened. Then add diced lamb vegetables and mushrooms and season with salt and pepper. Serve in patty shells. Place on top of each a cube of currant jelly and decorate with parsley.

Home-make Pickles Add Interesting Touch To Any Dinner

MUSTARD PICKLES

1 cabbage (can be omitted)
2 heads cauliflower
2 quarts green tomatoes, sliced
2 quarts small cucumbers
1 quart medium sized cucumbers sliced
2 quarts small onions
5 green peppers, with seeds removed and peppers diced
1 large bunch celery, sliced

Soak over night in a brine made of 4 quarts of water and 1 pint of salt. Drain. Cover with vinegar, 1 ounce of white mustard seed, 1 ounce black mustard seed and cook until tender, but not soft. Drain and throw vinegar away.

Prepare a sauce of 1 cup flour 6, tablespoons mustard, 1 tablespoon 1 tablespoon tumeric; add enough cold vinegar to make paste; 3 cups sugar; 2 quarts vinegar. Boil all until it thickens and pour over vegetables. Bring to a boil and store in sterilized jars. Seal and store away for use as desired.

Fish Fritters Make Grand Affair Of Friday Lunch

A Friday luncheon can be made into a perfectly grand affair by serving fritters. Just the thought of a fritter makes a person's mouth start to water and that gnawing feeling in the pit of the stomach. Of course, a Friday lunch doesn't necessarily mean fish but just in case it does, here is what to serve:

SALMON FRITTERS

1½ pounds cold boiled salmon
½ cups flour
1 egg
1 tablespoon capers
½ cup milk
½ teaspoon salt
Mayonnaise

Put the flour and salt in bowl; add the milk gradually, and then the egg, beating until there are no lumps. Bread the cold salmon into pieces about one inch wide and two inches long; dip in batter, letting it cover them on all sides. Have ½-inch hot fat in frying pan ;carefully put in the batter ,salmon and fry on both sides until nicely browned. Drain on heated brown paper and serve on hot platter; garnishing with parsley and a bowl of mayonnaise to which the capers have been added.

Simple Candies For A Child To Make

Despite the fact that some prefer candy hard and others much prefer soft creams, one can usually feel certain of general success with the brittle candies—peanut brittle for one and a variation in the form of maple nut brittle. It certainly is a simple enough thing to make these candies—so simple that your child can do it on the next rainy afternoon.

2 cups granulated sugar
1 pint chopped peanuts
1 teaspoon salt

Put the sugar into an iron frying pan and heat slowly, stirring constantly, until the sugar is melted and turns a light brown color (slightly above 300 F.). Spread the chopped peanuts in a buttered tin, sprinkle them with the salt, warm the tin slightly and pour the melted sugar over the peanuts.

MAPLE NUT BUTTER

1 cup light brown sugar
1 cup maple sugar
½ cup water
¼ teaspoon salt
1 teaspoon vanilla
1 cup broken nut meats
2 tablespoons butter

Boil the sugar and water to the stiff ball stage (246 F.). Then add the fat and cook to the brittle stage (290_300 F.) Add the vanilla and salt and pour over the nut meats, which have been placed on a buttered pan. When cold, break into pieces.

Britons' Favorite Meats

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U. S. Treasury Department

Another World's Largest

Everything in the new Pentagon Building of the War Department in Arlington, Va., is on a gigantic scale—and the telephone system is no exception. A switchboard containing operating positions for 155 girls and dial equipment to handle a city the size of Lynchburg, Va., will be required to serve the 12,000 telephones expected in the initial installation, which will later be increased to approximately 16,000 telephones.

Furnishing service like that requires more than switchboards and dial equipment, however. The messages have to get from Washington, D. C., central offices across the Potomac River or, in this case, under it. Shown above is the huge barge from which six of the twelve cables to serve this large project were laid. The cables contain 10,588 pairs of wires altogether and totaled about 300 tons in weight. They were carefully laid in a prepared trench dug in the river bottom which was later filled in.

Please Don't Call Washington unless you must!

WITH the war effort of 27 United Nations centered upon it, Washington is probably the busiest city in the world. It is fast outgrowing its physical limits—and its telephone facilities.

Since Pearl Harbor, long distance telephone calls in and out of Washington have increased from 68,000 a day to more than 101,000, or 50 per cent. Some of these calls, of vital importance, get caught in the rush.

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